

What should you expect from a home-based teeth-whitening treatment with a 10% hydrogen peroxide gel?

How long do I have to wear the splints?

The length of time you must wear splints depends on the gel you received from your dentist.

The splints should be worn for 6-8 hours a day with a 10% hydrogen peroxide gel.

With gels that have a stronger percentage of hydrogen peroxide (20%), the splints should be worn for 3-4 hours a day.

The darker your teeth are, the longer the teeth-whitening treatment will be. With tetracycline stained teeth, the teeth-whitening treatment can last from 6 months to a year. Some teeth can be whitened in just a month.

If you can't wear splints because of your busy schedule, don't worry. Whiten your teeth according to your own schedule.

What if my teeth become too sensitive?

Teeth oversensitivity is the most common side-effect of home-based teeth whitening. If you notice that your teeth are too sensitive, don't wear splints for a few days. You may continue the teeth-whitening treatment after 1-3 days. If your teeth continue to be oversensitive, insert teeth-desensitizing toothpaste in your splints and wear them for an hour a day. If you're still concerned about the oversensitivity, call your dentist.

What if my teeth don't whiten evenly?

If you have white spots on your teeth before the whitening treatment, they will seem brighter for a day, but the color will eventually be completely even with the color of the rest of your teeth, and they won't be visible.

You may notice new white spots on your teeth during the whitening treatment. They were actually there before you began the whitening treatment. As your teeth become whiter, they will become more visible. However, don't worry – in time their color will even out, and they will disappear.

What will my teeth feel like?

After the whitening treatment your teeth will look and feel exceptionally clean. Whitening materials effect the gums and help them heal. The general health of your gums will improve. This teeth-whitening technique was once primarily used to heal gums after dental treatments.

How long does the teeth-whitening effect last? Will I have to whiten my teeth again?

The new white color of your teeth usually lasts longer if you used a whitening gel with a lower percentage of hydrogen peroxide. The general effect depends on the factors that caused the discoloration of your teeth in the first place. If you drink a lot of coffee, red wine, or Coca-Cola, and/or you smoke, your teeth will probably become less white. Some patients repeat the teeth-whitening treatment again after 3-4 years, while some don't need it.

Is teeth whitening bad for teeth or gums?

Research has shown that the home-based teeth whitening, as recommended by dentists, is completely safe for teeth, gums, and the oral cavity.